

-SQA-SCOTTISH QUALIFICATIONS AUTHORITY

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NATIONAL CERTIFICATE MODULE DESCRIPTOR

-Module Number- 0096064 -Session-1989-90
-Superclass- NH

-Title- DIETARY ADVICE: APPLICATIONS FOR THE COMMUNITY

-DESCRIPTION-

Purpose This module is designed to develop the student's skills in the organisation and presentation of food for small groups between one to eight persons. Its aim is to develop awareness of healthy eating patterns for a variety of target groups in the community in the light of current dietary advice.

It is aimed at students who may wish to pursue a career in a caring environment. It is also suitable for those who may already have experience in this area.

Preferred Entry Level Standard Grade in Home Economics at 4
67103 Safe Hygienic Practices (X 1/2)
76063 Nutrition and Dietary Needs 86002 Basic Nutrition and Menu Planning

Learning Outcomes The student should:

1. prepare a presentation on current dietary advice for the local community;
2. produce dishes which illustrate how a healthy diet can be achieved for a variety of target groups;
3. budget a given expenditure for a specific situation.

Content/ Context Students should observe safety regulations, safe and hygienic working practices and recognise specific legal requirements associated with food preparation for small groups at all times.

Corresponding to Learning Outcomes 1-3:

1. Current dietary advice as laid down by the National Advisory Council on Nutrition Education (NACNE) (1983), Committee on Medical Aspects of Food Policy Advice (COMA) (1984) and the Ministry of Agriculture, Fisheries and Food should be covered in some detail.

Factors which affect how these dietary needs may be met: for example, location (rural or urban environment); available financial resources; age of target group - (pre-five's, senior citizens); family composition; cultural differences; ways of preserving food -freezing, irradiation.

2. Target groups may be any specific group with particular needs e.g. pregnant women, adolescents, paraplegics, those with particular health conditions (the obese, diabetics, coeciliacs), any age group, whether male or female, office workers, manual workers, cultural groups.

Link between maintaining good health and diet e.g. link between food additives and hyperactivity in children; arthritis and the effects of eating dairy produce.

Suitable recipes may be taken from magazines, BBC food publications, alternative health magazines such as "Here's Health", cookery books.

Ways to adapt recipes to meet current dietary advice may involve reducing sugar, fat and salt content, increasing fibre. Use of polyunsaturated vs. saturated fat.

Importance of cooking method for maintaining optimum nutritional value of food e.g. steaming v boiling; fast v slow cooking times; microwave cooking v conventional cooking methods.

Nutritional value of fresh/frozen/tinned foods.

3. Sources of income will be in a wide variety of contexts e.g. a household or organisation. Sources of income should include any available allowances provided by Government e.g. low income support.

Items of expenditure - to include cost of particular foods, seasonal variations.

The optimal balance between nutritional value and available income e.g. cooking in 'bulk' for the family freezer.

Suggested Learning and Teaching Approaches

Students should follow an activity/resource based learning approach with guidance from the tutor at appropriate stages.

Maximum use should be made of available publications, visiting speakers, videos, slides and computer programmes in relation to current dietary advice.

The aim of the module is to make students aware of the link between a healthy diet and the nutritional needs of various target groups and this should be stressed by the tutor throughout the course of the module.

Assessment Procedures

Acceptable performance in the module will be satisfactory achievement of all the performance criteria specified for each Learning Outcome.

The following abbreviations are used below:

LO Learning Outcome

IA Instrument of Assessment

PC Performance Criteria

LO1 PREPARE A PRESENTATION ON CURRENT DIETARY ADVICE FOR THE LOCAL COMMUNITY

PC The student should:

- (a) outline current dietary advice for a local community;
- (b) identify the dietary needs of the local community and factors affecting how these needs may be met;
- (c) plan a presentation on dietary advice for the local community identified in (a);
- (d) present the information clearly.

IA Project

The student will be required to undertake a project in the form of preparing a presentation on current dietary advice for the local community.

The project will require the student to define the appropriate dietary advice for the local community. The student should use the information gathered to prepare a presentation for the local community, which should be approximately 500 words in length.

Satisfactory achievement of the Learning Outcome will be based on the student correctly identifying the points contained in the NACNE and COMA reports and presenting the information in such a way as to be relevant to the needs of the local community.

LO2 PRODUCE DISHES WHICH ILLUSTRATE HOW A HEALTHY DIET CAN BE ACHIEVED FOR A VARIETY OF TARGET GROUPS

PC The student should:

- (a) identify the dietary needs of a variety of target groups;
- (b) identify suitable recipes to meet the needs of a variety of target groups;
- (c) plan how to adapt recipes to achieve optimum results;
- (d) produce a selected dish using optimum cooking method.

IA Assignment

The student will be presented with an assignment to test the knowledge and skills involved in producing dishes which achieve a healthy diet for a variety of target groups.

The assignment will consist of two parts:

- (i) the student will be set 2 restricted response questions for each performance criteria (a) - (c).

The restricted response questions will require the student to identify two different target groups and to produce a menu plan suitable for each target group to cover one day's food intake.

- (ii) the student will be required to complete a practical exercise which involves producing a three course meal for each target group. The meals produced should be in accordance with optimum cooking methods.

Satisfactory achievement of the Learning Outcome will be based on the student answering four out of six restricted response questions correctly and producing two meals which are palatable, aesthetically pleasing and meet the dietary requirements of each target group.

LO3 BUDGET A GIVEN EXPENDITURE FOR A
SPECIFIC SITUATION

PC The student should:

- (a) identify the various sources of income available;
- (b) identify the various items of expenditure involved in budgeting for the target group;
- (c) identify how to maximise nutritional value gained from a given expenditure;
- (d) present the budget in a clear manner.

IA Assignment

The student will be presented with an assignment which tests the ability to budget a given expenditure for a specific target group.

The student will be given details of various items of income and expenditure for a specific set of circumstances chosen by the student.

The exercise will require the student to use the information given to maximise the available expenditure over a given timescale, taking into account factors such as needs of the target group, nutritional value of various foods. The student will produce a shopping list of items showing total costs incurred and unit cost of the items bought over a given timescale.

Satisfactory achievement of the Learning Outcome will be based on the student producing a shopping list relevant to the needs of the target group which states correctly the various unit and total costs.